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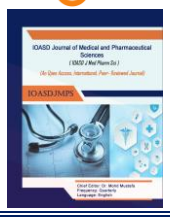

Counselling Collaboration, Critical Care Pharmacy and the Need for Outpatient Treatment and Management in Cross River State, Nigeria

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ABSTRACT

Pharmacists play a vital role in medication management, ensuring patient safety, and promoting adherence to treatment plans, ultimately reducing readmission rates and improving overall patient care This study highlights the importance of counseling collaboration and critical care pharmacy in improving patient outcome in Cross River State, Nigeria. It emphasizes the need for comprehensive outpatient treatment and management, particularly in the context of limited healthcare resources. By integrating counseling services with critical care pharmacy, healthcare provider can enhance medication adherence, patient education and overall well-being. The study underscores the significance of collaborative care in addressing the unique healthcare challenges faced by outpatients in Cross River State. Critical care is inherently a multidisciplinary field, requiring close collaboration between physicians, nurses, pharmacists, and other specialists. Economic evaluations of clinical pharmacy services in the ICU consistently show potential cost savings through optimized medication therapy.

Keywords: Counselling Collaboration, Critical Care Pharmacy, outpatient treatment, patient outcome, counseling services.

Review Article

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INTRODUCTION

Critical care pharmacists, with their specialized knowledge of pharmacotherapy, are integral members of the multidisciplinary team in intensive care units (ICUs). They contribute to improved clinical, economic, and humanistic outcomes for critically ill patients through various interventions, including medication reconciliation, dosage adjustments, and identification of potential drug interactions. Furthermore, the transition of care from the ICU to outpatient settings presents unique challenges, particularly in medication management, highlighting the need for robust collaborative efforts and patient education strategies. Lack of knowledge may affect medication adherence, resulting in therapeutic failure, adverse effects, additional expenditure on investigations and treatment, and even hospitalization. Patient counseling could be an effective intervention to improve knowledge, attitude, and pharmacotherapy outcomes,
(L.M. Okumura, I. Rotta, C.J. Correr, 2014).

The healthcare landscape in Nigeria, Particularly in Cross River State, face significant challenges in providing quality care to outpatients. The intersection of counseling collaboration and critical care pharmacy has emerged as a vital component in addressing these challenges. Effective management of outpatient requires a comprehensive approach that integrate pharmaceutical care with counseling services, ensuring that integrated pharmaceutical care with counseling services, ensuring that patients receive holistic support (WHO 2019). Critical care pharmacy plays a critical role in optimizing medication therapy while counseling collaboration enhances patient education, adherence and overall. Well-being (Hepler and strand, 1990). This Study aims to explore the need for out-patience treatment and management.

Improvement in patient outcomes, such as self-management, satisfaction, and adherence, have been documented with patient-centered care (M. Stewart, J.B. Brown, A. Donner, *et al, 2000)*. Lack of privacy impacts both the patients and the pharmacist

as they are reluctant to engage in a conversation preventing a more effective disease state management and an obstacle to the utilization of pharmacist counseling services (H.L. Hattingh, L. Emmerton, P. Ng Cheong Tin, C. Green, 2014). K. Saramunee, J. Krska, A. Mackridge, J. Richards, S. S uttajit, P. Phillips-Howard (2014), Using appropriate non-verbal communication skills, which include good posture, physical expression, gesture, and eye contact, are all components of active listening and provider attitude, which can be a barrier to effective patient-centered communication. Several studies with surveys have shown poor health outcomes due to the language barrier between pharmacists and patients. M. Bradshaw, S. Tomany-Korman, G. Flores (2007) These include both verbal and written language barriers and specially simplifying medical language for the patients. These barriers commonly include time constraints, lack of privacy or confidentiality, insufficient patient information, difficulty in accessing pharmacist or drug information in a timely manner, maintaining good posture and eye contact during counseling, unavailability of relevant patient educational materials, language barriers, or poor communication skills sometimes stemming from low self-esteem. By engaging patients in their own therapy and medication-related concerns, such as by asking open-ended questions, the pharmacist can prevent misunderstandings, confusion, prejudiced thoughts, and ambiguous instructions.

Counseling Collaboration on Critical care pharmacy

Counseling collaboration refers to the process of working together with other professionals, individuals, or groups to provide comprehensive support and guidance. Collaboration between counselors, healthcare professionals, educators and other stakeholders addressing stakeholders, emotional and social needs. Sharing information, coordinating care, and ensuring continuity. Counseling collaboration is essential in various setting, such as mental health, healthcare, education and community development. Critical care pharmacists play a vital role in interprofessional collaboration, particularly in counseling patients and their families about medications. This collaboration involves working with other healthcare professionals, such as physicians and nurses, to develop and implement medication therapy plans, monitor patient responses, and provide education on medication management. This article emphasizes the value of clinical pharmacists, including improving patient outcomes, ensuring patient safety, optimizing patient treatment, and improving cost-benefit. Positive relationships built on trust and respect between health professionals are cited as essential for collaboration Johnson JM, Hermosura BJ, Price SL, Gougeon L. (2021). Effective relationships may be marked by a shared vision for patient care.

Wei H, Horns (2022) Interpersonal relations among health care team members also affect communication, team performance, and patient safety. While the research underscoring the value of inter-professional relationships is clear, very little is reported about how positive relationships between collaborating members initially form and continue to function. However, in pharmacist-led primary care clinics, there is no fixed interprofessional team, and it is evident from our findings that reaching members working elsewhere, when possible, takes effort. Communication through shared electronic health record platforms can facilitate work and collaborative relationship-building, but these systems' existence, compatibility, and reliable use among our pharmacists' network members were incomplete.

Our findings demonstrate that difficulties facing health professionals forming and maintaining collaborative relationships across distributed settings can be overcome. Pharmacists described thriving long-distance relationships with many different network members. In some instances, pharmacists may have previously met the other professional (e.g., at continuing education activities), but in many of these cases, they have never met in-person or even spoken on the phone. Perhaps unsurprisingly, clinic pharmacists could identify as members of multiple teams for different patients, transcending physical spaces. While communication was an essential factor for establishing and maintaining these relationships, pharmacists put confidence in the medication management work itself. Critical care pharmacy plays a vital role in optimizing medication therapy, ensuring medication safety and improving patient outcomes in high stakes environment intensive care unit.

The need for outpatient treatment and management in Cross river State, Nigeria

Addressing these issues requires a multi-faceted approach, focusing on strengthening primary healthcare, improving infrastructure, and enhancing the quality of care provided in outpatient settings. In Cross River State, Nigeria, there's a significant need for improved outpatient treatment and management due to several factors. These include inadequate healthcare infrastructure, insufficient staffing, and challenges with drug availability and patient satisfaction. Outpatient treatment and management are crucial in Cross River state, Nigeria, particularly given the state healthcare challenges. Cross River state has reported a prevalence of 1.7% for certain health conditions emphazing the importance of accessible outpatient service. There is a challenges in ensuring adequate and component health workers, particularly in rural areas, to provides quality care. Studies have shown varying level of satisfaction without services highlight the need for continuous improvement in care quality.

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